

**ABSTRACT OF THE DISCLOSURE**

An optical waveguide comprises a silica substrate, a buffer layer formed on the silica substrate, cores formed  
5 on the buffer layer, and upper cladding layer formed on the buffer layer, covering the cores. The thermal expansion coefficients of the buffer layer and upper cladding layer are set to be substantially equal. As a result, the stresses in the cores are isotropic,  
10 effectively suppressing birefringence.